

Recommended Consumer Health Cancer Resources

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The following is a list of recommended consumer health books for a basic cancer collection. Please look at The Resource and Learning Center's online catalog at <http://www.cinj.org/rlc/> for more information. Also, if you are looking for credible Web sites, try the National Cancer Institute, the American Cancer Society, MedlinePlus or HealthyNJ.

General Cancer Resources

Cancer: What Causes It, What Doesn't. The American Cancer Society, 2003.
Tells which cancer risks are real and which are rumors.

Choices: The Most Complete Sourcebook for Cancer Information. Marion Morra and Eve Potts, 2003.
This revised fourth edition provides cancer facts in a Q&A format.

Diagnosis: Cancer. Wendy Schlessel Harpham, MD, 2003.
Written to help a patient through the challenges of cancer, from treatment decisions to emotional adjustments.

Everyone's Guide to Cancer Therapy. Malin Dollinger, MD, 2008.
Information on cancer types and treatments with illustrations.

Everyone's Guide to Cancer Survivorship. Ernest Rosenbaum, MD, 2007.
A guide specifically geared for cancer survivorship with information on managing the lingering effects of cancer treatment.

Facing Cancer. Theodore A. Stern, MD and Mikkael A. Sekeres, MD, 2004.
Offers general information on cancer and treatments and provides coping strategies for the patient and family.

100 Questions & Answers Series

This series of books provide answers to the 100 most commonly asked questions for each topic and is a good starting place for consumers. The following are titles available for **100 Questions & Answers About...**

Brain Tumors. Virginia Stark-Vance, MD and M. L. Dubay, 2004.

Bladder Cancer. Pamela Ellsworth, MD and Brett Carswell, MD, 2005.

Breast Cancer. Zora Brown et al., 2007.

Bone Marrow and Stem Cell Transplantation. Ewa Carrier, MD and Gracy Ledingham, 2004.

Cancer and Fertility. Kutluk H. Oktay, MD., et. al., 2008.

Cancer Symptoms and Cancer Treatment Side Effects.

Joanne Frankel Kelvin, RN, MSN and Leslie B. Tyson, MS, 2005.

Caring for Family or Friends with Cancer. Susannah L. Rose, MSSW and Richard T. Hara, PhD, 2005.

Colorectal Cancer. David S. Bub, MD et al., 2007.

For Women Living With Cancer. Michael L. Krychman, MD, 2007.

Gastric Cancer. Manish A. Shar, MD et. al., 2008.

Gastrointestinal Stromal Tumors. Ronald P. DeMatteo, MD et. al., 2007.

Head and Neck Cancer. Elise Carper, MD et. al., 2008.

Esophageal Cancer. Pamela K. Ginex, RN, MPH, OCN et al., 2005.

Kidney Cancer. Steven C. Campbell, MD, et. al., 2007.

Leukemia. Edward D. Ball, MD and Alex Kagan, 2007.

Liver Cancer. Ghassan K. Abou-Alfa, MD and Ronald DeMatteo, MD, 2006.

Lung Cancer. Karen Parles, MLS and Joan H. Schiller, MD, 2006.

Lymphoma. Peter Holman, MD et al., 2004.

Melanoma and Other Skin Cancers. Edward F. McClay, MD et al., 2004.

Mesothelioma. Harvey I. Pass, MD, 2005.

Myeloma. Asad Bashey, MD, PhD and James W. Huston, 2005.

Ovarian Cancer. Don S. Dizon, MD, 2007.

Pancreatic Cancer. Eileen O'Reilly, MD and Joanne Frankel Kelvin, RN, MSN, 2003.

Prostate Cancer. Pamela Ellsworth, MD et al., 2003.

Your Child's Cancer. William L. Carroll, MD and Jessica Reisman, CSW, 2005

Specific Cancer Types

A Breast Cancer Journey: Your Personal Guidebook. American Cancer Society, 2004.

This second edition provides information on the physical and emotional aspects of breast cancer.

Advanced Breast Cancer: A Guide to Living with Metastatic Disease. Musa Mayer, 1998.

Personal narratives from women living with advanced breast cancer and their families will be found in this valuable book. Family members also talk about hospice and death.

Be a Survivor: Your Guide to Breast Cancer Treatment. Vladimir Lange, MD, 2007. Excellent illustrations and photographs accompany the text in this fully revised edition.

Dr. Susan Love's Breast Book. Susan M. Love, MD with Karen Lindsey, 2005.

This is a must have. The book contains information on the healthy breast as well as breast cancer.

Living Through Breast Cancer. Carolyn M. Kaelin, MD, 2005.

Written by a breast cancer surgeon who is also a breast cancer survivor. Presents information on both a medical and personal level.

American Cancer Society's Complete Guide to Colorectal Cancer. 2006.

This book provides information from prevention to treatment.

Oncolink Patient Guide: Colorectal Cancer. Edited by James M. Metz, MD and Margaret K. Hampshire, RN, 2005.
Oncolink provides this compilation of questions and answers regarding colorectal cancer.

Adult Leukemia: A Comprehensive Guide for Patients and Families. Barbara Lackritz, 2001.
Information on tests, treatments and side effects as well as dealing with emotions and finding support.

Living With Lymphoma. Elizabeth M. Adler, PhD., 2005.
Thorough coverage of both Hodgkin's and non-Hodgkin's lymphoma.

Lung Cancer. Claudia I. Henschke, Ph.D., MD et al., 2002.
Covers risk factors, diagnosis, staging, and treatment. Also offers advice on living with lung cancer.

Your Guide to Lung Cancer. Dr. David Gilligan and Dr. Robert Rintoul, 2007.
Provides facts, guidance and support.

Ovarian Cancer: Your Guide to Taking Control. Kristine Conner & Lauren Langford, 2003.
This guide will help any woman diagnosed with ovarian cancer by providing concise information as well as personal narratives.

American Cancer Society's Complete Guide to Prostate Cancer. 2005.
Topics include treatment options, potential side effects and coping with emotional stress.

Dr. Patrick Walsh's Guide to Surviving Prostate Cancer. Patrick Walsh, MD, 2007.
A thorough guide on prostate cancer.

Dr. Peter Scardino's Prostate Book. Peter T. Scardino, MD and Judith Kelman, 2005.
A guide for prostate cancer and benign prostate diseases.

The Prostate Cancer Treatment Book. Peter D. Grimm, DO et al., 2004.
Each chapter in this informative book is written by different experts in the field.

Childhood Cancers

Childhood Brain & Spinal Cord Tumors: A Guide for Families, Friends & Caregivers. Tania Shiminski-Maher et al., 2002.
Offers guidance for day-to-day living as well as providing information on treatment and procedures.

Childhood Cancer. Ronald D. Barr et al., 2001
Topics such as treatment types, cancer types, and testing are written in an easily understood format.

Childhood Cancer: A Parent's Guide to Solid Tumor Cancers. Hanna James Hodder and Nancy Keene, 2002.

Written by parents of children with cancer, this book provides information on what to expect from time of diagnosis through treatment. Loaded with practical advice for parents and caregivers.

Childhood Cancer Survivors. Nancy Keene et. al., 2007.

Covers both the emotional and physical aspects associated with childhood cancer. Personal narratives from survivors and parents are included.

Childhood Leukemia. Nancy Keene, 2002.

This is another in a series of books written by Nancy Keene. It provides advice for a parent or caregiver from diagnosis through treatment.

Living With Childhood Cancer: A Practical Guide to Help Families Cope. Leigh A. Woznick and Carol. D. Goodheart, 2002.

The authors use their personal experience with childhood cancer as well their professional knowledge in order to help families with the emotional aspects of cancer.

Books for Kids/Teens

Butterfly Kisses and Wishes on Wings. Ellen McVicker, 2006.

Explains cancer through a child's eyes.

Cancer Information for Teens. Edited by Wilma R. Caldwell, 2004.

Young adults will learn about cancer risk factors, different types of cancer and treatments. Psychological issues are also addressed.

Chemo, Crazyness and Comfort. Nancy Keene, 2002.

Provides explanations and advice for children ages 6 to 12.

In Mommy's Garden. Neyal J. Ammary, 2004.

Compares cancer to flowers in a garden.

Promises. Elkzabeth Winthrop, 2000.

This is a story about a girl coping with her mother's cancer.

Sammy's Mommy Has Cancer. Sherry Kohlenberg, 1993.

Good for a parent to read to a young child.

You and Your Cancer: A Child's Guide. Lynda Cranston, et al., 2001.

Excellent book to help a child learn about all aspects of cancer.

Treatment and Side Effects

American Cancer Society's Guide to Complementary and Alternative Cancer Methods. 2000.

Advice on what alternative products and procedures work or are dangerous. A new edition is expected in 2008.

American Cancer Society's Guide to Pain Control. 2004.

Contains tools to describe and measure pain as well as descriptions of the various methods used to control pain.

The Best News about Radiation Therapy. Carol Kornmehl, MD, 2004.

The physical and psychological aspects of radiation therapy are discussed.

The Complete Guide to Relieving Cancer Pain and Suffering. Richard B. Patt, MD and Susan S. Lang. 2004.

A handbook for patients and caregivers on many aspects of cancer pain. Medications and alternative treatments are covered.

Consumers Guide to Cancer Drugs. Gail M. Wilkes, RN, MS and Terri B. Ades, MS, APRN, 2004. Published by the American Cancer Society.

This informative guide cover more than 200 medicines used to treat cancer or it's symptoms.

Coping With Chemotherapy and Radiation. Daniel Cukier, MD et al., 2005.

Information on treatment choices and the possible side effects of these treatments.

Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment. American Cancer Society, 2006.

The prevention and treatment of lymphedema is described in this book. The exercises are nicely illustrated.

Family Issues

Cancer in the Family: Helping Children Cope With a Parent's Illness. Sue P. Heiney, PhD, RN et al., 2001. Published by the American Cancer Society.

Parents will find advice on how to talk to their children about cancer with this guide. A kid's workbook is provided.

When a Parent Has Cancer: A Guide to Caring for Your Children. Wendy Schlessel Harpham, MD, 2004.

This book comes with a children's book, Becky and the Worry Cup. Both can be used to help a child deal with a parent's cancer.

Couples Confronting Cancer: Keeping Your Relationship Strong. Joy L.

Fincannon, RN, MS and Katherine V. Bruss, Psy.D, 2003. Published by the American Cancer Society.

Hands-on tools are provided throughout the book to help enable couples communicate more effectively.

Intimacy and Impotence. Ralph and Barbara Alterowitz, 2004.

A prostate cancer survivor and his wife provide information on this difficult and personal subject.

Sexuality and Fertility After Cancer. Leslie R. Schover, Ph.D, 1997.

The sexual complications some cancer survivors will face are addressed.

Caregiving: A Step-By-Step Resource for Caring for the Person With Cancer at Home. Peter S. Houts, PhD and Julia A. Bucher, RN, PhD, 2003. Published by the American Cancer Society.

Offers solutions to the physical and emotional situations caregivers may face.

Diet and Nutrition

American Cancer Society's Healthy Eating Cookbook. 2005. Up-to-date recommendations for reducing cancer risk through healthy eating.

Betty Crocker's Living With Cancer Cookbook. Kris Ghoh, MD et al., 2002. Contains 130 recipes that are divided into 8 different sections that include Coping with Side Effects, Fatigue-Fighting Snacks and 20-Minute Main Dishes.

Eating Well, Staying Well During and After Cancer. Published by the American Cancer Society, 2004.

Nutritional advice for people with cancer.

Eating Well Through Cancer. Holly Clegg and Gerald Miletello, MD, 2001. Includes recipes to help ease the symptoms during treatment and for cancer prevention.

Exercise and Fitness

Cancer Fitness: Exercise Programs for Cancer Patients and Survivors. Anna L. Schwartz, 2004.

The author, a cancer survivor and record-holding bicyclist, provides this guide about the physical and mental benefits of exercise for a cancer patient.

Essential Exercises for Breast Cancer Survivors. Amy Halverstadt and Andrea Leonard, 2000.

The authors provide a fitness program designed specifically for breast cancer survivors. The purpose, main muscles worked, and a description (with photographs) are provided for each exercise.

Exercises for Chemotherapy Patients. Harry Raftopoulos, MD and Erin O'Driscoll, RN, 2003.

The exercises found in this book are simple and are accompanied by photographs.

The Healing Power of Movement. Lisa Hoffman, MA with Alison Freeland, 2002.

Simple exercises for patients, either alone or with a partner, are presented with illustrations.

Healing Yoga for People Living With Cancer. Lisa Holtby, 2004.

Yoga techniques are thoroughly explained with text and photographs.